

**Welcome to Worship with Holy Communion  
Time After Pentecost**



**Bringing Christ To All People  
Today And Every Day**

## GATHERING TOGETHER

**WELCOME** - **Make a special effort to welcome our visitors!!** Christ Lutheran Church is a weapon, smoke, vape and tobacco free church and campus. We share Joys, News, and Concerns.

### **PRELUDE**

*We take a quiet moment to prepare our hearts and minds to worship God.*

### **GATHERING HYMN/CHOIR ANTHEM**

### **APOSTOLIC GREETING**

☐ The grace of our Lord and Savior Jesus Christ, the love of GOD our Father, and the communion of The Holy Spirit be with you all!

☑ **And also with you!**

### **CONFESSION**

☐ Blessed be The Holy Trinity, ✝ One God, our God of manna, our God of miracles, our God of mercy!

☑ **Amen!**

☐ Drawn by The Holy Spirit's power to Jesus Christ's salvation and seeking God His Father's abundance, let us confess our sin!

*Silence for reflection and self-examination*

☐ Holy Trinity, our provider,

☑ **at times we do not share your abundance that you grant us. At times we question your ways when they differ from the ways of your world in which we live. At times we fail to accept your ways as righteous. At time we turn to our own understanding rather than trusting in your wisdom. At times we ignore your commandments and teachings in favor of our own ways.**

**Through the power of The Holy Spirit, continue to turn us back to you, your ways, and your wisdom. Continue to share with us your Holy Words of salvation and eternal life, and send us to care for the life of your entire creation, world, and people. Amen!**

☐ Beloved people of The Holy Trinity: through Jesus Christ, ✝ our Holy Manna from heaven, we are fed and nourished. Through Jesus Christ, ✝ our worker of Holy Miracles, there is always more than enough. Through Jesus Christ, ✝ our Bread of Life, we are granted His salvation and eternal life, and by The Holy Spirit's power, we are sent to be Jesus' manna, miracles, and bread of life for all of God His Father's creation, world, and people!

☑ **Amen!**

## SHARING THE WORD

### PRAYER OF THE DAY

☐ Let us pray!

☑ God our Father of all Holy Covenants, by The Holy Spirit's power, in our Holy Baptisms' into your Son Jesus Christ our Savior and Lord as the Body of Christ, you call and send us to proclaim your kingdom granted in Jesus in all of our actions, words, and deeds. Continue to grant us your wisdom and courage that you granted to Jesus' apostles, so that we faithfully witness to Jesus' freedom, justice, love, and peace in every circumstance of life, in the Holy Name of your Son, Jesus Christ our Savior and Lord. Amen!

### PRAYER FOR THE WORLD

☐ Let us pray!

☑ Let us pray for all victims of any forms of violence, terror, human trafficking, and all displaced peoples; all victims of ethnic, racial, gender, sexual, political, and religious discrimination and violence; all victims of natural disasters or human made disasters; all victims of war or warlike activity, conflict, oppression and strife including in Afghanistan, Syria, and Yemen. Gracious GOD our Father of healing and wholeness, through the power of The Holy Spirit, bring relief in every way you see fit for those impacted by natural disasters, human made disasters, conflicts, persecutions and wars. Empower all peoples to reach out to those impacted through the healing power of Jesus Christ. GOD our Father, † Son and Holy Spirit, we admit our human frailties and recognize we live in a fallen creation. Restore us each and every way as you see fit so that your will is done. In Jesus' Holy Name we pray. Amen!

## SCRIPTURE HYMN/CHOIR ANTHEM

SCRIPTURE - Lessons Insert

SERMON

## THE BANQUET

### COMMUNION LITURGY

☐ Holy, mighty, and merciful Lord, heaven and earth are full of your glory. In great love you sent to us Jesus, your Son, who reached out to heal the sick and suffering, who preached good news to the poor, and who, on the cross, opened His arms to all.

- In the night in which He was betrayed, our Lord Jesus took bread, and gave thanks; broke it, and gave it to His disciples, saying: Take and eat; this is My body, given for you. Do this for the remembrance of Me.

- Again, after supper, He took the cup, gave thanks, and gave it for all to drink, saying: This cup is the new covenant in My blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of Me.

- Remembering, therefore, His death, resurrection, and ascension, we await His coming in glory.

- Pour out The Holy Spirit, that by this Holy Communion we may know the unity we share with all your people in the body of your Son, Jesus Christ our Lord.

- Through Him, with Him, in Him, in the unity of The Holy Spirit, all glory and honor is yours, almighty Father, now and forever!

**☩ Amen!**

## **LORD'S PRAYER - SING**

### **INVITATION TO COMMUNION**

**☩** Come to the Banquet, for all is now ready!

**☩ Thanks be to God!**

*All Baptized Christians who believe in Jesus Christ as Lord and Savior are welcome at the Lord's Table. In it, we remember Him and we receive His continuing forgiving presence in our lives, along with His mercy, salvation, and promise of eternal life. If you wish to refrain from taking communion you are invited to come forward for a blessing. Pick up a communion wine cup in the center aisle from the cup stand as you approach the chancel altar rail. Receive the host bread from the Communion Assistant and the wine from the Pastor from the pouring chalice. Tell the Communion Assistant if you prefer gluten-free bread and the Pastor if you prefer grape juice. Hand sanitizers are available, hold your hand under it to receive sanitizing foam. Return your used cup to the tray from the Communion Assistant.*

### **TABLE BLESSING**

**☩** The Body and Blood of our Lord and Savior Jesus Christ strengthen us and keep us in His grace now and forever!

**☩ Amen!**

## **HOLY COMMUNION HYMN/CHOIR ANTHEM**

### **THE SENDING**

#### **BLESSING**

**☩ Blessed be the Name of the Lord; The Lord is worthy to be praised and adored; So we lift up holy hands in one accord, singing, "Blessed be the Name, blessed be the Name, blessed be the Name of the Lord!" Amen!**

### **SENDING HYMN/CHOIR ANTHEM**

#### **FINAL SENDING**

**☩** Continue to bring Christ to all people today and everyday! Go in Peace! Share the good news!

**☩ We will with thanks to GOD! Amen!**

# LESSONS & FINANCIALS

TIME AFTER PENTECOST

July 4, 2021

## FINANCIAL HIGHLIGHTS for 07/04/21 BULLETIN

	<u>Operating Funds</u>	<u>Capital Funds</u>	<u>Total Funds</u>
Balance @ 01/01/21	\$ 59,289	\$ 150,424	\$ 209,713
YTD Income	\$ 139,980	\$ 68,920	\$ 208,900
YTD Expenses	\$ 143,572	\$ 134,868	\$ 278,440
Balance @ 07/01/21	<u>\$ 55,697</u>	<u>\$ 84,476</u>	<u>\$ 140,173</u>

<b>Offering for 06/27/21:</b>		
Operating Fund		\$ 2,755
Capital Fund - Regular		\$ 1,106
Capital Fund - Giving Tree		\$ 116
Capital Fundraisers		\$ 5
Designated Giving:		\$ 642
- Food For The Poor	\$ 80	
- Fellowship	\$ 17	
- Salvation Army	\$ 15	
- Lutheran World Relief	\$ 5	
- ELCM Missions	\$ 25	
- Parking Lot	\$ 500	
<b>Total Offering</b>		<u><b>\$ 4,624</b></u>

### PARKING LOT COMPLETION STATUS

Approved Construction Cost Estimate	\$ 60,000
Expenses Paid-to-Date	\$ -
Balance to Complete	\$ 60,000
Less: Personal Donations	\$ 500
Estimated Capital Fund Portion	<u><u>\$ 59,500</u></u>

## **GOSPEL: St. Mark 6:1-13**

☐ At home and abroad, Jesus and His disciples encounter resistance as they continue to proclaim Jesus' Holy Word and relieve affliction.

☐ The Holy Gospel according to St. Mark the 6th Chapter.

☑ **Glory to you, O Lord.**

☐ <sup>1</sup>Jesus came to his hometown, and his disciples followed him. <sup>2</sup>On the sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, "Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! <sup>3</sup>Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?" And they took offense at him. <sup>4</sup>Then Jesus said to them, "Prophets are not without honor, except in their hometown, and among their own kin, and in their own house." <sup>5</sup>And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. <sup>6</sup>And he was amazed at their unbelief. Then he went about among the villages teaching. <sup>7</sup>He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. <sup>8</sup>He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; <sup>9</sup>but to wear sandals and not to put on two tunics. <sup>10</sup>He said to them, "Wherever you enter a house, stay there until you leave the place. <sup>11</sup>If any place will not welcome you and they refuse to hear you, as you leave, shake off the dust that is on your feet as a testimony against them." <sup>12</sup>So they went out and proclaimed that all should repent. <sup>13</sup>They cast out many demons, and anointed with oil many who were sick and cured them.

☐ The Gospel of the Lord.

☑ **Praise to you, O Christ.**

## **FIRST LESSON: Ezekiel 2:1-5**

☐ In 597 BCE, the prophet and priest Ezekiel was removed from the southern kingdom of Judah into exile in Babylon. While there, he received a vision of the Lord God appearing majestically on a chariot throne. Today's first lesson recounts the Lord God's commissioning of Ezekiel during this vision. The prophet and priest is to speak the Lord God's Holy Word to a people unwilling to hear.

☐ <sup>1</sup>A voice said to me: O mortal, stand up on your feet, and I will speak with you. <sup>2</sup>And when he spoke to me, a spirit entered into me and set me on my feet; and I heard him speaking to me. <sup>3</sup>He said to me, Mortal, I am sending you to the people of Israel, to a nation of rebels who have rebelled against me; they and their ancestors have transgressed against me to this very day. <sup>4</sup>The descendants are impudent and stubborn. I am sending you to them, and you shall say to them, "Thus says the Lord GOD." <sup>5</sup>Whether they hear or refuse to hear (for they are a rebellious house), they shall know that there has been a prophet among them.

☐ Word of God, word of life.

☑ **Thanks be to God.**

## PSALM: Psalm 123

Our eyes look to you, O God, until you show us your mercy. (Ps. 123:2)

<sup>1</sup>To you I lift <sup>1</sup> up my eyes, to you enthroned <sup>1</sup>  
in the heavens.

<sup>2</sup>As the eyes of servants look to the hand of their masters, and the eyes of a  
maid to the hand <sup>1</sup> of her mistress,  
so our eyes look to you, O LORD our God, until you show <sup>1</sup> us your mercy.

<sup>3</sup>Have mercy upon us, O <sup>1</sup> LORD, have mercy,  
For we have had more than enough <sup>1</sup> of contempt,

<sup>4</sup>too much of the scorn of the in- <sup>1</sup> dolent rich,  
and of the derision <sup>1</sup> of the proud.

## SECOND LESSON: 2 Corinthians 8:7-15

☐ St. Paul teaches the Corinthians to honor their commitment to participate in the collection his churches are organizing for the Christians in Jerusalem. St. Paul presents Jesus as an example of selfless stewardship and reminds them that Christians have received abundantly so that they can share abundantly.

☐ <sup>7</sup>Now as you excel in everything—in faith, in speech, in knowledge, in utmost eagerness, and in our love for you—so we want you to excel also in this generous undertaking. <sup>8</sup>I do not say this as a command, but I am testing the genuineness of your love against the earnestness of others. <sup>9</sup>For you know the generous act of our Lord Jesus Christ, that though he was rich, yet for your sakes he became poor, so that by his poverty you might become rich. <sup>10</sup>And in this matter I am giving my advice: it is appropriate for you who began last year not only to do something but even to desire to do something—<sup>11</sup>now finish doing it, so that your eagerness may be matched by completing it according to your means. <sup>12</sup>For if the eagerness is there, the gift is acceptable according to what one has—not according to what one does not have. <sup>13</sup>I do not mean that there should be relief for others and pressure on you, but it is a question of a fair balance between <sup>14</sup>your present abundance and their need, so that their abundance may be for your need, in order that there may be a fair balance. <sup>15</sup>As it is written, "The one who had much did not have too much, and the one who had little did not have too little."

☐ Word of God, word of life.

☑ Thanks be to God.

**Pastor Dave Connell**  
shattered79@prodigy.net  
**Emergency Contact: (352) 804-3054 (cell)**

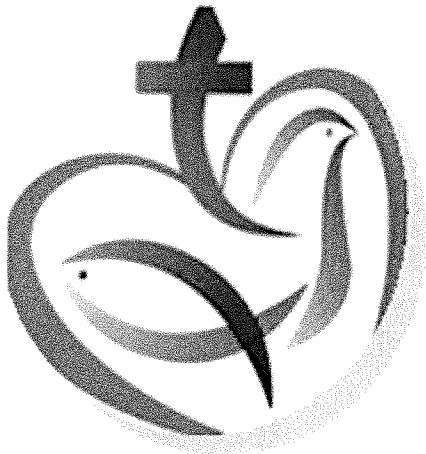
**Administrative Assistant:**  
Email: office.christlutheran@gmail.com  
Website: christlutheranchurchelcm.org  
Michele Harney: office (352) 307-6900 cell (919) 581-7577  
Office hours: 8:30 am – 12:30 pm weekdays

**Facilities Manager:**  
Bob Setera : office (352) 307-6900 cell (810) 309-5516  
Email : christlutheranbob@gmail.com

*Bringing Christ To All People Today And Every Day.*

*We are a smoke, vape, tobacco and weapon free church and campus.*

**Worship Services**  
with Holy Communion  
At 9:00 am & 10:30am



Christ Lutheran Church  
15699 SE 80th Avenue  
Summerfield, FL 34491

**Mailing Address-P.O. Box 693,  
Summerfield, FL 34492**



## **CHURCH INFORMATION & EVENTS-July 4, 2021**

### **The Big Red Bus-The NEXT Blood Drive is July 25, 2021 from 8am-12:30pm.**

Not only does giving blood provide life-saving benefits for the recipients, donating blood also benefits the donor by improving liver and heart health (reduces heart attack by 88% and lowers stroke risk by 32%), burning calories (1 pint burns 650 calories), enhancing new blood production to maintain good health, reducing cancer risk, and providing free health screening. You may also make an appointment to donate by Text to: Hero to 63928, online to [www.oneblood.org](http://www.oneblood.org), or call 888-936-6283. **Cindy Kelly, Social Ministry Chair, 440-221-4027.**

**Parking Lot Update-**At the June 27, 2021 Congregation Meeting the motion to approve capital expenditures not to exceed \$60,000 necessary to update the parking lot was approved by a unanimous vote of the 86 members present plus 16 absentee ballots. President Don Chase and Treasurer Barb LeFevre will be signing the contract with Curington Contracting, LLC this week. The upgrade will be done by Brady Construction and will begin in late July with completion expected by early August. During construction, the parking lot will be available for use. **Don Chase, Council President, (352) 751-0633.**

**Gospel Lectors-**Both services are in need of persons to read The Gospel. If you are interested please contact **Diane Beavers, Gospel Lector Coordinator, H-352-452-0741, C-609-315-1068, or emails at [dlbeavers21487@hotmail.com](mailto:dlbeavers21487@hotmail.com).**

**The Rock-** School is closed for the summer. The Rock will not be accepting donations until school re-opens in the fall. We will let you know when it is time to bring donations in. Thanks to all who donated, and a huge thank you to Carolyn Korpics for all of her help! **Questions call Louise Soltys, The Rock Coordinator, 615-559-8409.**

**Choir-**Do you like to sing? Our choir is looking for people, especially for 10:30 Worship. Choir practice is on Saturday, at 11am. Please join us. **Call Bob Dunbar, Music Director, 352-430-3704.**

**Meetings-Tues. July 6-Pastor's Bible Study-2pm., Thurs. July 8-Finance-10am., Michele Harney, Administrative Assistant, 352-307-6900.**

**Salvation Army-**Tropical storm Claudette has left devastation all around. The Salvation Army is on the ground and serving. Your donations are crucial to these activities. You may donate by **Phone-800-725-2769, Online-salvationarmyusa.org.** When you get to the site it will allow you to specify what disaster you are supporting, or by **Mail-Salvation Army/PO Box 1959 Atlanta, GA 30301.** Please mark check Tropical Storm Claudette. **Michele Harney, Administrative Assistant, 352-307-6900.**

**Kitchen Volunteers Sunday Mornings-9:00am** we need someone to make coffee, put goodies on trays, set up Fellowship Hall: and **10:30am**—someone to replenish goodie trays before the service then clean up following. If interested, please call **Kay Bertzyk, Fellowship Chair, 352-245-0346.**

**Hearing Aids with Our Sound System-**If your hearing aid doesn't tie directly into our sound system please check to be sure your device is using a T-Coil. Questions call **Bob Setera, Facilities Manager, 810-309-5516.**

**Worship on Facebook & YouTube-**You can view it live or recorded on Facebook, and recorded on YouTube. Please go to our website and click the Facebook button. You may also print a Bulletin from the website. The service is available on YouTube but is recorded. . **Questions call Michele Harney, Administrative Assistant, 352-307-6900.**

## CURRENT FUNDRAISERS

**Seasonal Dollar Game**-The current letters for the money game FUNdraiser are “G” for God and “C” for Christ. Place bills with the specific letter at the beginning or end of the serial number in the offering plates. **Tom & Bonnie Taylor, Capital Committee Co-chairs, 352-553-1687.**

**The Giving Trees blossom a 4<sup>th</sup> time**- The trees have blessed us with raising over \$25,000!! One is now blossoming again to help support the parking lot upgrade which is approximately \$60,000. Once again, the Property Committee is asking for your help. Please grab an envelope or two, stuff them with your generosity, and put them in the collection plates. Thank you!! The parking space you fund just may be your own. And bless everyone for your incredible kindness and caring. **Ray LeFevre, Financial Secretary 352-307-1602**

## COLLECTIONS

**Boys and Girls Club of Marion County**-Volunteers and donations needed.

Donations needed are: Standing oscillating fans or commercial floor fans, sanitizing wipes, gas gift cards, gas grill and propane tank for our Dunnellon Club, Publix, Target, Lowes gift cards, disposable table cloths, gently used sofa or living room chairs for our Dunnellon Club, working desktop printers, lap tops, Chromebooks and I Pads, copy paper, bottled water, sugar free or low sugar drinks for youth, and interior paint for an upcoming beautification project at our Silver Springs Shores Club. If interested in donating or volunteering please call 352-690-7545 or email at [admin@bgcofmarion.com](mailto:admin@bgcofmarion.com) for more info. **Michele Harney, Administrative Assistant, 325-307-6900.**

**Wish List**-Ocala Domestic Violence Center has an Amazon Wish List: <http://amazon.ocalacsi.com>. You can go directly to that site and it will tell you what they need and you can order right from there. You may also donate by phone: 352-351-4009 ext. 109, Mail: Creative Sevices, Inc., PO Box 2193, Ocala, FL 34478. Items may still be brought to the Church. Questions call **Michele Harney, Administrative Assistant, 352-307-6900.**

**Cell Phones Needed**-Old cell phones with chargers for Ocala Domestic Violence Center and The Sexual Abuse Center. At this time the Center is also in need of paper towels, toilet paper, baggies, trash bags, hygiene supplies, and cleaning supplies, full or twin sheets. **Pastor Dave Connell, CLC office, 352-307-6900.**

**St. Theresa’s Roman Catholic Church Food Pantry**-We are asking for canned ravioli, canned spaghetti, canned spaghettios, tuna(pouch or can), boxes of mac & cheese, spaghetti sauce(no glass), toothpaste and shampoo. We have plenty of beans and soup at this time! Always best if they have a “pop top” to open. Be sure to check the expiration date. Questions-**Kay Bertzyk, Coordinator, 352-246-2495.**

**Interfaith Shower Ministry in Ocala**-We are collecting items for Interfaith to support their Saturday afternoon shower ministry for the homeless. We are currently collecting supplies: bath towels and wash cloths, men's socks and underwear, personal and full size shampoo, conditioner, body wash, soap, deodorant, tooth brushes, and tooth paste, and men’s shoes. Please mark items Shower Ministry. **Susan Blusewicz, Interfaith Shower Ministry Co-cordinator, 352-674-9434, Carol McCormick, Interfaith Shower Ministry Co-coordinator, 352-217-0506.**

**Interfaith Free Clinic Medical Center**- needs any Over The Counter and Non-Opioid Prescription medications that are NOT opened and NOT expired. Cold medicine, cough drops, regular aspirin and low dose aspirin are needed too. **Michele Harney, Administrative Assistant, 352-307-6900.**

**We acknowledge gifts to the Capital Building Fund:**

**In Memory Of:** John Klee  
**By:** Bob & Sue Setera

**In Memory Of:** John Klee  
**By:** Dorothy Mowen

**In Memory Of:** Audrey Pence  
**By:** Louise Soltys

**In Memory Of:** Don Neumann  
**By:** Louise Soltys

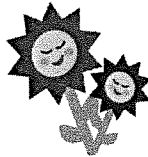
**In Memory Of:** Carol Walton  
**By:** Bob & Sue Setera

**In Memory Of:** Carol Walton  
**By:** Robert & Ann Stivers (nephew-in-law & niece)

**In Memory Of:** Carol Walton  
**By:** Donald & Shirley Niemann (nephew-in-law & niece)

**Altar Flowers Are Given**

**In Honor Of:** Sandi Wickert  
**By:** Carolyn Wright



**We express Christian Sympathy to the family and friends of:**



## PRAYERS

**Pray - Council, Ministry Team Leaders / Teams, and Parishioners - Today for:** Vi Schonberger; Ruth Schraven; Mike & Maggie Sears; Millard & Artise Seip; Mike & Carol Sennello; Bob & Sue Setera; David & Libby Shaft; John & Judi Simmons; Art Smith & Linda Cavanaugh; Louise Soltys; all baptized, confirmed, married, memorialized, new parishioners, and all at Christ Lutheran Church.

**Give Thanks - Healing:** Ken Geach (facial left cheek basal cell cancer removal repair surgery rehab - OK).

**Pray - Parishioners (short term):** James Barker (oral teeth removal repair surgery & post-surgery infection health issues medication rehab); Kay Bertzyk (back spinal discs pain shot therapy rehab); Dolores Bradley (fractured left arm & wrist & dislocated & fractured left elbow repairs surgeries rehab); Doug Bunge (right thumb pain next steps w/Dr. pending); Vicki Carmel (back spinal discs repair surgery 7/12 - The Villages Hosp.); Joyce Clapper (internal cancer follow-up cat scan 7/6; internal cancer immunotherapy rehab 18<sup>th</sup> of 20 7/8, 19<sup>th</sup> 7/22, & 20<sup>th</sup> 8/5); Kim Dunphy (internal cancer chemotherapy & immunotherapy rehab); Ken Geach (right forearm squamous cell cancer removal repair surgery rehab); Patricia "Pat" Hopper (internal pre-cancer next steps w/oncologist Dr. 7/8; right ear basal cell cancer removal repair surgery rehab); Bub Klingler (left neck squamous cell cancer removal repair surgery 7/7); Dick Knight (left eye vision impairment shot therapy rehab); Gordy Meyer (internal cancer recurrence radiation therapy rehab; add'l internal health issue repair surgery pending - W. Marion Comm. Hosp.); Dorothy Mowen (heart health issues tests results w/ cardiologist Dr. pending); Helen Newberg (right eye removal repair surgery either 7/15 or 7/21 - Gainesville, FL hosp.); Sonja Rollins (both eyes post-cataracts removals repairs surgeries add'l scar tissue laser removal repair surgery 7/12); Carolyn Rupp (fractured pelvis rehab - Advent Hosp. Ocala # 510); Phyllis Russell (both eyes macular degeneration shot therapy rehab); Libby Shaft (chronic health issues & 3 fractured ribs rehab); Dianna Sorrell (fractured left wrist rehab); Coral Swiger (back & legs sciatic nerve pain medication rehab); Andre Tourette (internal health issue repair surgery rehab); Rose Townsend (sinus health issues next steps w/ENT Dr. 7/20; internal health issues medical procedures 2<sup>nd</sup> round of 5 blood treatments rehab pending - Tampa Gen. Hosp.; right knee cyst & torn meniscus next steps w/surgeon Dr. 7/27); and Barb Wakefield (post-left knee replacement repair surgery complications rehab add'l repair surgery rehab - The Club Rehab # 23; 2 left knee replacement repairs surgeries & add'l right leg & foot health issues next steps w/surgeon Dr. 7/19).

**Pray - Parishioners (long term - hospital):** No one.

**Pray - Parishioners (long term - Hospice):** No one.



Attendance : 9am: 93 10:30am: 30  
Total: 123  
YouTube Views: 4  
Face Book: 9am: 17 10:30am: 4  
Face Book Live: 9am: 9 10:30am: 4

**LESSONS FOR NEXT WEEK**  
Amos 7:7-15, Psalm 85:8-13,  
Ephesians 1:3-14  
Gospel-St. Mark 6:14-29

## Celebrating July 4, 2021



- 1- Treat yourself with your favorite snack.  
Dark chocolate is loaded with antioxidants.  
Be mindful of the amount you consume.  
And most of you know, mine will be ice cream.
- 2- Go outside to watch the fireworks in the evening.  
At least 20 minutes of fresh air and nature  
decreases cancer risks, helps with your mental health,  
and regulates your blood pressure.  
Just being in nature will lighten your mood and improve your life  
satisfaction as nature has a way of grounding us and calming us down.
- 3- Get your endorphins going.  
Endorphins are chemicals in your brain that make you feel good  
and help you to cope with pain. They also help with reducing anxiety,  
regulating your appetite, boosting your immune response and reducing  
depression or anxiety.  
Play music, dance, sing - have fun and just be happy, feeling good and  
healthy.
- 4- If you can't see fireworks in your area, I'm pretty sure you will hear them  
off in a distance. Be sure to protect your animals ears, as the noise will likely  
frighten them.
- 5- Now that the restrictions have been lifted, bet you'll have a joyous  
reunion with family and friends. Enjoy, be safe, and don't forget to  
say, I love you, I'm glad we had this time together and drive carefully.  
Take care, I care. Love and hugs.
- 6- If you would like to help another celebrate the holiday here are a list of places  
that need donations.
  - a. Boys and Girls Club of Marion County
  - b. Ocala Domestic Violence Center
  - c. St. Theresa's Roman Catholic Church Food Pantry
  - d. Interfaith Shower Ministry
  - e. Interfaith Free Clinic Medical Center

Please see the Insert in the Bulletin, titled Information and Events, on page 2  
under Collections for all of the donation items needed.

**Carol Harmon, Co-chair Outreach, 352-459-9184, Carolyn Wright, Co-  
chair Outreach, 415-696-4334.**